



# SAGE Summer 2020 Online Classes

*Seize the day, sign up and stay safe!*

These tumultuous times demand courage, hope and **adaptability**! The only certainty is uncertainty. With the safety of our students and our instructors of utmost importance, we are piloting our first online SAGE classes. They will be offered in a **structured remote** format, i.e., taking place on a scheduled day and at a specific time. You will interact with your instructor **and** with your classmates, to benefit from the subject matter and stay socially connected at the same time.

**Classes will run from July 6 through October 3.** Online classes are not connected to any physical sites, but you will see familiar classes with your favorite instructors listed. Often, these classes will be offered at the same day and time online as they were usually held face-to-face. You will be in classes with PGCC students from other SAGE locations and have the opportunity to enjoy classes taught by different teachers.

**→ Online registration opens Monday, June 29 ←**

## **Who can register for these classes?**

Prince George's Community College SAGE classes are specifically for seniors 60 and older, but non-seniors may register by paying the full tuition.

## **How will classes be offered?**

Using **Zoom** or **Blackboard online platforms**, classes will meet **virtually** on designated days and times.

## **What do you need to be a successful participant?**

Access to a personal computer or tablet with a strong and stable internet connection, a camera, and a microphone. For fitness classes, make sure you have the space to move safely with no obstacles. The video must be positioned so the instructor can see you and must be left on during the entire class so the instructor can observe you to teach responsively and responsibly.

### **How do you register?**

Register online using Owl Link. Step-by-step directions can be found at [www.pgcc.edu](http://www.pgcc.edu) in the SAGE spring 2020 class schedule, pages 2-3.

**You must pay the non-refundable \$85 registration fee online using your credit card. No mail-in registration is possible.**

**If you need assistance with registration, please call PGCC's information technology help desk at 301.546.0637.**

### **For basic information about SAGE procedures and policies:**

Refer to the SAGE spring 2020 schedule at [www.pgcc.edu](http://www.pgcc.edu) under **class schedules** and refer to pages 4-5.

### **Here is a brief overview of Zoom:**

How to download Zoom on your PC (computer):

- Open your computer's internet browser and navigate to the Zoom website at [www.Zoom.us](http://www.Zoom.us).
- Scroll down to the bottom of the page and click "Download" in the web page's footer.
- The Zoom app will then begin downloading. You should then click on the .exe file to begin the installation process.

### **How to Use Zoom - Video Link:**

<https://www.youtube.com/watch?v=fVu9BILRkww&feature=youtu.be>

Additional resource: Download Zoom (For Macbook/iPad):

<https://support.zoom.us/hc/en-us/articles/203020795-How-To-Install-on-Mac>

### **Blackboard:**

The only instructor using Blackboard this summer is Alice Gray, who is teaching the computer classes. She will provide directions for your participation. If you have questions, please email her directly at [alicegray2002@outlook.com](mailto:alicegray2002@outlook.com)

### **Summer Online Course Offerings on pages 3-12:**

**(w/various course descriptions on pages 14-17.)**

Use the 5-digit numbers designated in the right-hand column to register online for the classes of your choice. The registration system will not allow you to register for classes with conflicting times. You cannot register online after a class has begun.

***Please consult with your physician for approval before enrolling in any of the healthy living (fitness) classes.***

## SAGE Schedule of Classes by Subject

### Arts & Crafts (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
The World of Zentangle**	Allison, Julie	Tues	10am-12:30pm	07/14-09/29	69351
Beginning Crocheting	Kirtland, Arleen	Mon	1-2 pm	07/06-09/28	69430
Intermediate Crochet	Kirtland, Arleen	Mon	2:15-3:15 pm	07/06-09/28	69431
Advanced Crochet	Kirtland, Arleen	Mon	3:30-4:30 pm	07/06-09/28	69432
Crochet Lab	Kirtland, Arleen	Mon	4:30-5:30 pm	07/06-09/28	69434
Beginning Knitting	Kirtland, Arleen	Tues	1-2 pm	07/07-09/29	69435
Intermediate Knitting	Kirtland, Arleen	Tues	2:15-3:15 pm	07/07-09/29	69436
Advanced Knitting	Kirtland, Arleen	Tues	3:30-4:30 pm	07/07-09/29	69437
Knitting Lab	Kirtland, Arleen	Tues	4:30-5:30 pm	07/07-09/29	69438
Beginning Quilting	Kirtland, Arleen	Wed	1-2 pm	07/08-09/30	69439
Intermediate Quilting	Kirtland, Arleen	Wed	2:15-3:15 pm	07/08-09/30	69440
Advanced Quilting	Kirtland, Arleen	Wed	3:30-4:30 pm	07/08-09/30	69442
Quilting Lab	Kirtland, Arleen	Wed	4:30-5:30 pm	07/08-09/30	69443
Beginning Sewing	Kirtland, Arleen	Thur	1-2 pm	07/09-10/01	69444
Intermediate Sewing	Kirtland, Arleen	Thur	2:15-3:15 pm	07/09-10/01	69445

Advanced Sewing	Kirtland, Arleen	Thur	3:30-4:30 pm	07/09-10/01	<b>69446</b>
Sewing Lab	Kirtland, Arleen	Thur	4:30-5:30 pm	07/09-10/01	<b>69447</b>
Introduction to Embroidery	Kirtland, Arleen	Fri	2-3:30 pm	07/10-10/02	<b>69448</b>
Beginner Jewelry Making**	Vitale-Reddy, Cecelia	Mon	10 am-12 pm	07/06-09/28	<b>69501</b>

## American History (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
America Divided, Two Countries: 1 Blue, 1 Red**	Rudd, Bob	Mon	2-4 pm	07/06-09/28	<b>69472</b>
American History: Baby Boomer Edition**	Rudd, Bob	Tues	1-3 pm	07/07-09/29	<b>69473</b>
America Divided, Two Countries: 1 Blue, 1 Red**	Rudd, Bob	Thur	6-8 pm	07/09-10/01	<b>69474</b>

## Art History (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Cosmopolitan Renaissance**	Upshaw, Abigail	Tues	11 am -1 pm	07/07-08/18	<b>69544</b>

## Autobiographical Writing

Focus	Instructor	Day(s)	Times	Dates	Syn#
Writing Your Memoirs -- All levels	Smith, Cathy	Tues	10 am-12 pm	07/07-09/29	<b>69489</b>
Writing Your Memoirs -- All levels	Smith, Cathy	Tues	1-3 pm	07/07-09/29	<b>69490</b>
Writing Your Memoirs -- All levels	Smith, Cathy	Fri	10 am -12 pm	07/10-10/02	<b>69491</b>
Writing Your Memoirs -- All levels	Smith, Cathy	Fri	1-3 pm	07/10-10/02	<b>69492</b>

## Computer Skills

Focus	Instructor	Day(s)	Times	Dates	Syn#
Introduction to Personal Computers (Intro to the Internet is included) <b>Beginner, Level 1</b>	Gray, Alice	Mon	9-11 am	07/06-09/28	<b>69421</b>
Introduction to Personal Computers (Intro to the Internet is included) <b>Beginner, Level 2</b>	Gray, Alice	Tues	9-11 am	07/07-09/29	<b>69422</b>
Intermediate Computer Skills <b>Advanced</b>	Gray, Alice	Wed	9-11 am	07/08-09/30	<b>69424</b>
Intermediate Computer Skills <b>Intermediate</b>	Gray, Alice	Thur	9-11 am	07/09-10/01	<b>69425</b>
Intro to Micro Office 2016 <b>Windows 10/Office 2016</b>	Gray, Alice	Fri	9-11 am	07/10-10/02	<b>69426</b>

## Current Issues

Focus	Instructor	Day(s)	Times	Dates	Syn#
Current Issues	Cipriani, Vincent	Mon	10 am-12 pm	07/06-09/28	<b>69410</b>
Current Issues	Cipriani, Vincent	Mon	1-3 pm	07/06-09/28	<b>69411</b>
Current Issues	Cipriani, Vincent	Tues	10 am-12 pm	07/07-09/29	<b>69412</b>
Current Issues	Cipriani, Vincent	Fri	12:30-2:30 pm	07/10-10/02	<b>69413</b>

## Environmental Sciences (\*\* Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Virology & Superbugs**	Blumenstock, Michael	Mon	1-3 pm	07/06-09/28	<b>69401</b>
Meteorology**	Blumenstock, Michael	Wed	1-3 pm	07/08-09/30	<b>69402</b>

## Finances (\*\* Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Financial Literacy I**	Garner, Bella	Tues	10 am-12 pm	07/07-09/29	<b>69538</b>
Financial Literacy I**	Garner, Bella	Tues	2-4 pm	07/07-09/29	<b>69539</b>

Financial Literacy II**	Garner, Bella	Wed	10 am-12 pm	07/08-09/30	<b>69540</b>
Financial Literacy II**	Garner, Bella	Wed	2-4 pm	07/08-09/30	<b>69541</b>

## Healthy Living (Fitness) (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Aerobics	Armstrong, Johnnette	Tues	9:30-10:30 am	07/07-09/29	<b>69396</b>
Balance & Flexibility	Armstrong, Johnnette	Wed	9:30-10:30 am	07/08-09/30	<b>69397</b>
Strength Training	Armstrong, Johnnette	Thur	9:30-10:30 am	07/09-10/01	<b>69398</b>
Group Dance	Armstrong, Johnnette	Fri	9:30-10:30 am	07/10-10/02	<b>69399</b>
Line Dance	Brown, Barbara	Mon	10:30-11:30 am	07/06-09/28	<b>69403</b>
Line Dance	Brown, Barbara	Thur	10:30-11:30 am	07/09-10/01	<b>69404</b>
Circuit Training**	Bush, Dionne	Mon	9-10 am	07/06-09/28	<b>69405</b>
Circuit Training**	Bush, Dionne	Tues	9-10 am	07/07-09/29	<b>69406</b>
Circuit Training**	Bush, Dionne	Thur	9-10 am	07/09-10/01	<b>69407</b>
Chair Exercises**	Bush, Dionne	Fri	9-10 am	07/10-10/02	<b>69408</b>
Strength Training**	Bush, Dionne	Fri	10-11 am	07/10-10/02	<b>69409</b>

Meditation	Erteschik, Mary	Tues	6 -7 pm	<b>07/14-09/29</b>	<b>69536</b>
Chair Yoga	Erteschik, Mary	Wed	8:30-9:30 am	<b>07/15-09/30</b>	<b>69537</b>
Brain Fitness Fun and Games	Gibbons, Renee	Mon	5-7 pm	07/06-09/28	<b>69419</b>
Brain Fitness Fun and Games	Gibbons, Renee	Fri	2:30-4:30 pm	07/10-10/02	<b>69420</b>
Zumba Gold	Green, Rosemary	Fri	1-2 pm	07/10-10/02	<b>69427</b>
Tai Chi for Beginners	Greene, Normon	Tues	2-3 pm	07/07-09/29	<b>69428</b>
Tai Chi Advanced	Greene, Normon	Tues	4-5 pm	07/07-09/29	<b>69429</b>
Line Dance**	Love, Denise	Wed	1-2 pm	07/08-09/30	<b>69449</b>
Beginner Tap Dance	Love, Denise	Thur	1-2 pm	07/09-10/01	<b>69450</b>
Senior Boot Camp - Gold**	Merriman, Wallace	Tues	10:30-11:30 am	07/07-09/29	<b>69451</b>
Nutrition Workshop 101**	Merriman, Wallace	Tues	12-1 pm	07/07-09/29	<b>69452</b>
Senior Boot Camp - Gold**	Merriman, Wallace	Thur	10:30-11:30 am	07/09-10/01	<b>69453</b>
Chair Yoga	Mullin, Jen	Mon	9:30-11:30 am	07/06-09/28	<b>69454</b>
Meditation for Health and Happiness	Mullin, Jen	Mon	1-2 pm	07/06-09/28	<b>69455</b>
Chair Yoga	Mullin, Jen	Wed	8:50-10:30 am	07/08-09/30	<b>69456</b>
Chair Yoga	Mullin, Jen	Wed	10:30 am-12:10 pm	07/08-09/30	<b>69457</b>
Meditation for Health and Happiness	Mullin, Jen	Wed	1-2 pm	07/08-09/30	<b>69458</b>



Yoga--Intermediate/Advanced	Mullin, Jen	Thur	10 am-12 pm	07/09-10/01	<b>69459</b>
Beginner Yoga	Mullin, Jen	Fri	10 am-12 pm	07/10-10/02	<b>69460</b>
Yoga	Nicht, Sandra	Tues	10:15-11:15 am	07/07-09/29	<b>69504</b>
Chair Yoga	Romero, Christine	Wed	10-11 am	07/08-09/30	<b>69466</b>
Gentle Mat Yoga	Romero, Christine	Thur	4-5 pm	07/09-10/01	<b>69467</b>
Intermediate Hatha Yoga	Romero, Christine	Fri	10-11 am	07/10-10/02	<b>69468</b>
Chair Boot Camp	Sancho, Kwason	Tues	9:30--11:30 am	07/07-09/29	<b>69475</b>
Chair Boot Camp	Sancho, Kwason	Wed	9:30--11:30 am	07/08-09/30	<b>69476</b>
Chair Boot Camp	Sancho, Kwason	Thur	9:30-11:30 am	07/09-10/01	<b>69477</b>
Chair Pilates	Shell, Susan	M/W	9-10 am	07/06-09/30	<b>69478</b>
Pilates - <b>Part I</b>	Shell, Susan	M/W/F	9-10am	07/06-08/31	<b>69479</b>
Pilates - <b>Part II</b>	Shell, Susan	M/W/F	9-10 am	09/02-10/02	<b>69480</b>
Senior Aerobics	Shell, Susan	T/Th	9-10 am	07/07-10/01	<b>69481</b>
Strength Training	Shell, Susan	T/Th	10-11 am	07/07-10/01	<b>69482</b>
Gentle yoga	Smith, Patricia	Mon	1:30-2:30 pm	07/06-09/28	<b>69493</b>
Movement, Strength, Stretch	Smith, Patricia	Tues	10:30-11:30 am	07/07-09/29	<b>69494</b>
Gentle Yoga	Smith, Patricia	Tues	2 pm-3 pm	07/07-09/29	<b>69495</b>

Gentle yoga	Smith, Patricia	Wed	1:30-2:30 pm	07/08-09/30	<b>69496</b>
Chair Yoga	Smith, Patricia	Thur	10:30-11:30 am	07/09-10/01	<b>69497</b>
Movement, Strength, Stretch	Smith, Patricia	Thur	1-2 pm	07/09-10/01	<b>69498</b>
Self-Awareness: Every Day Feels Like Saturday**	Vitale-Reddy, Cecelia; Williams, Paula	Fri	1-3 pm	07/10-10/02	<b>69502</b>
Soul Collage**	Williams, Paula	Tues	10 am-12 pm	07/07-09/29	<b>69503</b>

## History through Hollywood (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
The Truth about Documentaries**	Cross, Denise	Mon	10 am-12 pm	07/06-09/28	<b>69414</b>

## Humanities (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Humanities for Senior Citizens**	Patente, Peter	Mon	10 am-12 pm	07/06-09/28	<b>69461</b>

## Languages (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
American Sign Language – Intermediate Level (ASL)	Rhoads, Bob	Mon	10 am-12 pm	07/13-09/28	<b>67439</b>

Beginning Spanish	Rubiano, Carlos	Tues	12-2 pm	07/07-09/29	<b>69469</b>
Intermediate Spanish	Rubiano, Carlos	Thur	10 am-12 pm	07/09-10/01	<b>69470</b>
Tertulia-Jueves Cultural** (all levels)	Rubiano, Carlos	Thur	12-2 pm	07/09-10/01	<b>69471</b>
Advanced Spanish	Sieiro, Debbie	Tues	10 am-12 pm	07/07-09/29	<b>69483</b>
Beginning Spanish	Sieiro, Debbie	Thur	2-4 pm	07/09-10/01	<b>69484</b>
Advanced Spanish	Siero, Deborah	Tues	12:30-2:30 pm	07/07-09/29	<b>69485</b>
Beginning Spanish	Siero, Deborah	Fri	2:30-4:30 pm	07/10-10/02	<b>69488</b>
Beginning French**	Soloviev, Anne	Wed	10 am-12 pm	07/08-09/30	<b>69499</b>
Intermediate/Advanced French**	Soloviev, Anne	Wed	12:30-2:30 pm	07/08-09/30	<b>69500</b>

## Literature: An Exploration (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Magnificent Couples in Shakespeare's Tragedies**	Barthel, Carol	Fri	1-3 pm	07/10-10/02	<b>69400</b>
Short Stories: Mirror of the World**	Pilevsky, Dillies	Tues	10 am -12 pm	07/07-09/29	<b>69464</b>
Short Stories: Mirror of the World**	Pilevsky, Dillies	Sat	1pm-3pm	07/11-10/03	<b>69465</b>

# Music Appreciation (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Music Appreciation & Mastery: Class Piano (Mixed Levels)	Cooper, Evan	Mon	10-11 am	07/06-09/28	<b>69532</b>
Music Appreciation & Mastery: Class Piano (Mixed Levels)	Cooper, Evan	Mon	11 am -12 pm	07/06-09/28	<b>69533</b>
Music Appreciation & Mastery: Class Piano (Mixed Levels)	Cooper, Evan	Fri	10-11 am	07/10-10/02	<b>69534</b>
Music Appreciation & Mastery: Class Piano (Mixed Levels)	Cooper, Evan	Fri	11 am -12 pm	07/10-10/02	<b>69535</b>
Topics in Singing: Art Song, Opera, and Voice Science**	Feldman, Shari	Mon	11 am -12 pm	07/06-09/28	<b>69415</b>
Topics in Singing: Art Song, Opera, and Voice Science**	Feldman, Shari	Wed	11 am -12 pm	07/08-09/30	<b>69416</b>
Guitar Intermediate	Fiester, Robert	Wed	9:30-11:30 am	07/08-09/30	<b>69417</b>
Guitar Beginner	Fiester, Robert	Thur	9:30-11:30 am	07/09-10/01	<b>69418</b>
Music Appreciation & Mastery: Class Piano Advanced/Intermediate Mixed	Patente, Peter	Tues	9:30-11:30 am	07/07-09/29	<b>69463</b>
Music Appreciation & Mastery: Class Piano Beginner	Patente, Peter	Tues	11:30 am-1 pm	07/07-09/29	<b>69462</b>

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
The World of Zentangle	Allison, Julie	Tues	10am-12:30pm	07/14-09/29	69351	<b>Please note:</b> There is a \$45 fee (in addition to the \$85 registration fee), which will be billed from the instructor to registered students via email. This fee covers art supplies, taxes, S & H. Deadline for registration is 7/3!! Point of contact for any questions regarding this class is julie@harmonyinspiredart.com
Magnificent Couples in Shakespeare's Tragedies	Barthel, Carol	Fri	1-3 pm	07/10-10/02	69400	We will study three of Shakespeare's tragedies, Othello, Macbeth, and Antony and Cleopatra. The focus will be on the relationships between remarkable women and the great men who loved them. We will consider how Shakespeare portrays the relationships, and how these partners interact with the outside world of their very different plays.
Virology & Superbugs	Blumenstock, Michael	Mon	1-3 pm	07/06-09/28	69401	Students will be taught virology and superbugs concepts such as their origins, main types (such as SARS-CoV-2 virus), preventative measures, immune responses, and other related aspects.
Meteorology	Blumenstock, Michael	Wed	1-3 pm	07/08-09/30	69402	Students will be taught meteorology concepts such atmospheric chemistry and physics, weather forecasting and other related aspects.
Circuit Training	Bush, Dionne	Mon	9-10 am	07/06-09/28	69405	(includes balance, strength, endurance and coordination)
Circuit Training	Bush, Dionne	Tues	9-10 am	07/07-09/29	69406	(includes balance, strength, endurance and coordination)
Circuit Training	Bush, Dionne	Thur	9-10 am	07/09-10/01	69407	(includes balance, strength, endurance and coordination)
Chair Exercises	Bush, Dionne	Fri	9-10 am	07/10-10/02	69408	(balance, coordination, flexibility)
Strength Training	Bush, Dionne	Fri	10-11 am	07/10-10/02	69409	(weights, bands, tubes)

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
The Truth about Documentaries	Cross, Denise	Mon	10 am-12 pm	07/06-09/28	69414	Documentaries are films that are supposed to present events as they actually occur, but how much of a documentary is slanted toward the director's point of view? In this course we'll look at several docs (TBD) and explore how some directors may edit their films to further their particular point of view. Discussions will focus on how the director documents the story, what might have been 'staged' and how our emotions can be manipulated by what we see on the screen.
Topics in Singing: Art Song, Opera, and Voice Science	Feldman, Shari	Mon	11 am -12 pm	07/06-09/28	69415	This course will explore different areas of study within the field of classical vocal music. We will discuss the development of the operatic genre, the impact of prominent literary and artistic movements upon the popularization of art song performance, and we will investigate the science behind classical singing. Special topics of interest (21st century opera, anatomy of the larynx, etc.) will be determined by class vote. No musical experience needed and beginners are welcome!
Topics in Singing: Art Song, Opera, and Voice Science	Feldman, Shari	Wed	11 am -12 pm	07/08-09/30	69416	This course will explore different areas of study within the field of classical vocal music. We will discuss the development of the operatic genre, the impact of prominent literary and artistic movements upon the popularization of art song performance, and we will investigate the science behind classical singing. Special topics of interest (21st century opera, anatomy of the larynx, etc.) will be determined by class vote. No musical experience needed and beginners are welcome!
Financial Literacy I	Garner, Bella	Tues	10 am-12 pm	07/07-09/29	69538	<b>Financial Literacy I</b> will cover basic financial issues that most adults will encounter as they age, and <b>Financial Literacy II</b> will expand on these topics. Some of the topics included are: Social Security benefits, health care costs and choices, insurance needs, estate planning, tax matters, housing options, and living on a fixed income.
Financial Literacy I	Garner, Bella	Tues	2-4 pm	07/07-09/29	69539	<b>Financial Literacy I</b> will cover basic financial issues that most adults will encounter as they age, and <b>Financial Literacy II</b> will expand on these topics. Some of the topics included are: Social Security benefits, health care costs and choices, insurance needs, estate planning, tax matters, housing options, and living on a fixed income.
Financial Literacy II	Garner, Bella	Wed	10 am-12 pm	07/08-09/30	69540	<b>Financial Literacy I</b> will cover basic financial issues that most adults will encounter as they age, and <b>Financial Literacy II</b> will expand on these topics. Some of the topics included are: Social Security benefits, health care costs and choices, insurance needs, estate planning, tax matters, housing options, and living on a fixed income.

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Financial Literacy II	Garner, Bella	Wed	2-4 pm	07/08-09/30	69541	<b>Financial Literacy I</b> will cover basic financial issues that most adults will encounter as they age, and <b>Financial Literacy II</b> will expand on these topics. Some of the topics included are: Social Security benefits, health care costs and choices, insurance needs, estate planning, tax matters, housing options, and living on a fixed income.
Line Dance	Love, Denise	Wed	1-2 pm	07/08-09/30	69449	Students in this class will be taught a variety of line dances.
Senior Boot Camp - Gold	Merriman, Wallace	Tues	10:30-11:30 am	07/07-09/29	69451	This strength training boot camp will keep things moving by mixing strength training with cardio moves for a great workout. No muscle goes un-worked in this fast-paced bootcamp. The main focus of this bootcamp is to increase strength, get toned, build muscle, and burn calories!
Nutrition Workshop 101	Merriman, Wallace	Tues	12-1 pm	07/07-09/29	69452	With so many fad diets and misinformation in the media and online, it can be challenging to determine the safest and most effective way to manage your weight through nutrition and exercise. This workshop will cover the basics of diet, nutrition, and exercise, making right decisions that will last a lifetime, tips for losing weight, and keeping it off and strategies for making it happen.
Senior Boot Camp - Gold	Merriman, Wallace	Thur	10:30-11:30 am	07/09-10/01	69453	This strength training boot camp will keep things moving by mixing strength training with cardio moves for a great workout. No muscle goes un-worked in this fast-paced bootcamp. The main focus of this bootcamp is to increase strength, get toned, build muscle, and burn calories!
Humanities	Patente, Peter	Mon	10 am-12 pm	07/06-09/28	69461	Students in this course will view the past 100 years of development in the areas of history, politics, literature, theatre, religion, music, and other subjects.

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Short Stories: Mirror of the World	Pilevsky, Dillies	Tues	10 am -12 pm	07/07-09/29	69464	This class will focus on short stories as works of art, reflections of the authors' lives and their human messages with relevancy to our own thoughts and feelings. Different writers with different concerns can bring out our deep personal energy for inspired critical thinking. Authors will include Faulkner, Borges, Hemingway, Singer, Welty, Cheever, Camus, Ellison, Jackson, Lessing and Gordimer. Stories may be found on internet or collections or wherever else. First session, please read and enjoy Barn Burning by William Faulkner.
Short Stories: Mirror of the World	Pilevsky, Dillies	Sat	1pm-3pm	07/11-10/03	69465	This class will focus on short stories as works of art, reflections of the authors' lives and their human messages with relevancy to our own thoughts and feelings. Different writers with different concerns can bring out our deep personal energy for inspired critical thinking. Authors will include Faulkner, Borges, Hemingway, Singer, Welty, Cheever, Camus, Ellison, Jackson, Lessing and Gordimer. Stories may be found on internet or collections or wherever else. First session, please read and enjoy Barn Burning by William Faulkner.
Tertulia-Jueves Cultural	Rubiano, Alberto	Thur	12-2 pm	07/09-10/01	69471	Thursday Gathering---Cultural Conversations, All Levels
America Divided, Two Countries: 1 Blue, 1 Red	Rudd, Bob	Mon	2-4 pm	07/06-09/28	69472	(Fast Forward edition) This class is a shorter version of the Standard Edition class that is scheduled on Thur evenings from 6-8 pm. It will cover the political division that has taken place in America from 1980 to 2020 and beyond. This is a highly interactive class with discussion each session.
American History: Baby Boomer Edition	Rudd, Bob	Tues	1-3 pm	07/07-09/29	69473	1980 to 2020 and beyond; This class will begin with George H.W. Bush presidency through Covid-19 and the present Black Lives Matter movement. This is a highly interactive class with discussion each session.
America Divided, Two Countries: 1 Blue, 1 Red	Rudd, Bob	Thur	6-8 pm	07/09-10/01	69474	(Standard Edition) This class will explore how the U.S. became a two-nation country. Did this begin in 2016 or in the past? If in the past when did it begin, 1776, 1820. 1861, 1912, 1929 or some other time? This is a highly interactive class with discussion each session.
Beginner French	Soloviev, Anne	Wed	10 am-12 pm	07/08-09/30	69499	French cinema with English subtitles



Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Intermediate/ Advanced French	Soloviev, Anne	Wed	12:30- 2:30 pm	07/08-09/30	69500	French cinema with French subtitles <i>as available</i>
Cosmopolitan Renaissance	Upshaw, Abigail	Tues	11 am -1 pm	07/07-08/18		The Italian Renaissance produced some of the most canonical art objects of the modern world - Leonardo's Mona Lisa, Michelangelo's David, Raphael's School of Athens just to name a few. However, Italy was not the only geographical location that experienced a cultural rival. In fact, the Renaissance was a pervasive movement throughout Western Europe, predominately in major cities. This course will look closely at the art produced in the cosmopolitan centers of Renaissance Europe, including but not limited to Bruges, Florence, Venice, Nuremberg, London, and Milan. No prior knowledge of Art History is needed!
Beginner Jewelry Making	Vitale- Reddy, Cecelia	Mon	10 am-12 pm	07/06-09/28	69501	This course is an introduction to various beading methods to create necklaces, bracelets, and earrings. We explore materials, techniques and design. Some topics covered are wire wrapping, chain maille, seed beading, working with elastic and braiding with cord. Learn which tools are needed and how to use them. Students are responsible for their own supplies.
Self-Awareness: Every Day Feels Like Saturday	Vitale-Reddy, Cecelia; Williams, Paula	Fri	1-3 pm	07/10-10/02	69502	The significance of feeling like Saturday is letting go of the restricting mindset of the past. Relax and be who you are. On this journey, we will explore questions or thoughts you may have had or are now having about your-self. Such as, "Am I satisfied with where I am right now? What is my truth? What choices do I have? How can I become a better guide for my communities, grandchildren, children, and the world? How do I make effective changes within? Can I create my life as I want it to be?"
Soul Collage: A Different Kind of Art	Williams, Paula	Tues	10 am-12 pm	07/07-09/29	69503	Soul Collage is a creative, intuitive, and inspiring process using images for self-expression and for discovering your deeper self. Using 5x8 mat boards and your own magazines, photos, greeting cards, calendars, posters, etc., you will reflect on life, dreams and influences. Through sharing, exercises, and card development, you will gain a deeper understanding of self, where you were and where you are now.